

# PLAY & LEARN

ACTIVITIES AND LINKS TO KEEP YOUR LITTLE ONES HAVING FUN WHILE THEY ARE AT HOME.



Ensuring the health, safety and wellbeing of children and staff is our priority. Should your child not be able to attend Fit Kidz due to illness or infectious disease, these Play & Learn suggestions may come in handy. Thank you for your support and understanding during this evolving COVID-19 crisis. Please be assured that Fit Kidz is taking every possible measure to help slow the spread of this virus. Wishing all mums, grandmas and special friends a very Happy Mother's Day on Sunday! – Kind Regards, Fit Kidz Learning Centres

## QUICK SET UP ACTIVITIES

### FIZZY SCIENCE

Here is an easy, fizzy science experiment for children that requires only a few commonly found household ingredients. This science experiment, uses baking soda and vinegar and teaches children about chemical reactions. As children conduct this science experiment they also develop a greater understanding of colours (naming individual colours and also mixing of colours) while building on their fine motor skills. In a baking dish place a layer of bicarb soda, and in a few small bowls, place ½ cup vinegar and a few drops of food colouring. Using old eye droppers, encourage your child to squeeze up the vinegar mixture and then drop onto the bicarb tray.

### MOTHER'S DAY FAMILY KEEPSAKE

Create a keepsake with your children this Mother's Day with handprints or footprints of all family members. Your children could print onto paper an cut out to make a card or frame, or you could print onto canvas and mount on your wall.



### BALLOON BOP

Blow up a balloon, then get your child to bounce, throw or hit the balloon across the room without it hitting the ground.

### HULA HOOP CIRCUS

Hula hoops are a great way to build balance, co-ordination, and strength. Have children pretend to be circus animals climbing in and out of the hoops. Hold the hoop up vertically and have them make their way through, or hold it horizontally and have them step into and out of it. Or simply lay the hoop flat on the floor and have children jump in and out.

### KINETIC SAND

You will need:

- 1 cup of play sand
- 1/2 tbsp cornflour
- 1 tsp dish soap
- 1 cup of water (added as needed)
- Food colouring

Begin by combining the play sand and cornflour in a large bin or container.

Mix well. In a separate container combine 1 cup of water with 1 tsp of dish soap, and colour if desired, and stir until the water is bubbly. Then, slowly add the water-mixture to the sand/ cornflour and mix well.



**BEST & LESS VIRTUAL BIRTHDAY**

Best&Less understand that many kids have recently missed out on celebrating their birthday with friends and family. So they have decided to throw the Bestest Virtual Birthday Party and have children all over Australia, get together in a fun way to create one super special celebration. Let's sing hip, hip hooray and have a great day!

Date: Saturday, 16th May  
 Time: 11.00am-11.30am AEST  
 Venue: Online Virtual Party  
 Don't miss out! Register by the 10th of May



<https://www.bestandless.com.au/virtual-birthday>

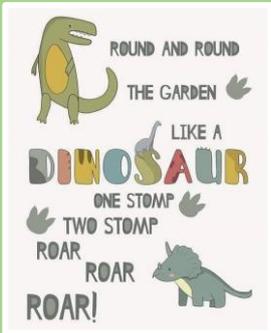
**SESAME STREET FAMILY PLAY APP**

Sesame street family play offers over 130+ real world games to play at home – from the kitchen to the backyard, and even over video chat! It's easy – choose from three categories: keep busy, move your body, and calm down, then tell the app where you are at home, how many kids are playing, and what's around you (socks? A banana?), and sesame street family play delivers the perfect game to play with your kids. Best of all, there's no screen time required. This app helps parents lead games, like cookie monster tag, for any number of kids in all kinds of settings. Designed for parents grappling to find things to do with their children at home, it is simple, educational, and entertaining for absolutely everyone. And thanks to the power of play, every game will help your kids build key developmental skills. Available on: iOS App Store, Google Play store, and Amazon.



**ACTIVITIES WITH MINIMAL RESOURCES**

Let's Explore



**ROUND AND ROUND THE GARDEN**

Act out this fun version of the traditional Round and Round the garden like a teddy bear, one step, two step, tickly under there. Can you and your child come up with other verses? Eg Like a Lion... Roar, Roar, Roar.



**COLOUR SEQUENCING WITH DUPLO**

This activity is a great way to get to know the names of colours, learn to match and follow a pattern. On a piece of paper in front of your child's blocks draw squares in a pattern, then ask your child to copy that pattern using their Duplo blocks.



**PLAYDOUGH WITH SCISSORS**

Make your favourite playdough recipe (see previous Play and Learn from Home sheets for the recipe). Provide child safe scissors with the dough and encourage your child to roll playdough into a sausage shape and snip at the dough. This will increase their hand strength and control over scissors.



**MAKE YOUR OWN LIGHT TABLE**

A light table can be used to enhance literacy, math, and writing skills in fun and playful ways. Children are naturally drawn to the gentle glow of the light table and will stay there for long periods of time, which is great for stretching those budding attention spans. You can make your own with: a clear plastic container with lid, some wax paper, a strand of battery operated white Christmas lights, scissors and clear tape. For the colours you

could use see-through coloured sippy cup lids. No need to buy expensive colour forms if you have something you can use at home already. Cellophane is another great accessory for the light table. You could also explore 'shadows' with a light table. Place the Christmas lights inside the box and tape in a few places so stationary in box. Line the inside of the lid and sides with waxed paper to diffuse the light. Close the box and ensure lid is on firmly and voila! This will keep your child engaged for ages and something they will love to come back and revisit!

**PARENTING IN THE TIME OF COVID-19**

**1 COVID-19 PARENTING One-on-One Time**

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun, it makes children feel loved and secure, and shows them that they are important.

**Set aside time to spend with each child**

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

**Ask your child what they would like to do**

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (See next leaflet)

**Ideas with your baby/toddler**

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

**Ideas with your teenager**

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

**Ideas with your young child**

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

**Listen to them, look at them. Give them your full attention. Have fun!**

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

World Health Organization, unicef for every child, End Violence Against Children, INTERNET 4 GOOD THINGS, USAID, CDC

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**AFTER ILLNESS RETURN TO FIT KIDZ REQUIREMENTS**

At Fit Kidz, we follow the recommended guidelines from *Staying Healthy in Childcare* and our own Centre Policies (Sick Children & Medication Policy; Infectious Diseases Policy ; Immunisation & Disease Prevention Policy) and depending on your child's illness, your Centre Director may require a Doctor's Certificate and/or a certain exclusion period to be observed. Please call (02) 9627 0777 or email [info@fitkidz.com.au](mailto:info@fitkidz.com.au) if you have any questions